



THE PORNOGRAPHIC DISTORTION OF YOUR SEXUAL INTIMACY MINDSET

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Viewing Sexual Videos Sabotages Your Sexual Views

How Viewing Porn Affects Your Sexual Views

- **PORN Corrupts** your Sexual Views by creating a dishonest representation falsifying the truth about sexuality.
- **PORN Distorts** your Sexual Views twisting the truth giving a misrepresentation of the God's ideal plan for sex in marriage.
- **PORN Destroys** your Sexual Views by attacking truth to bring conceptual damage often ruining sexual intimacy permanently.
- **PORN Perverts** your Sexual Views by degenerating the appetite and altering the true purpose of sexual intimacy.
- **PORN Spoils** your Sexual Views by diminishing the value and harming the unifying nature of true sexual intimacy as God intended.
- **PORN Sabotages** your Sexual Views by stopping your sexual understanding from developing in a healthy, innocent way based on God's truth.
- **PORN Contaminates** your Sexual Views by making impure what God created beautiful by exposing you to an infected counterfeit of sexual truth.
- **PORN Vandalises** your Sexual Views by intentionally trashing the truth about the sacredness and sanctity of sex within marriage as God intended.

"And you will know the truth and the truth will set you free. When the Son sets you free, you are free indeed" John 8:32

MORE SAD TRUTH ABOUT PORN'S EFFECTS ON YOU

ME PORN: Porn targets ME. It makes sex for me, with me, about me and to me. It's all about "ME". Porn caters to instant gratification. Sex on demand. It's now sex and more sex. Always for me. Always satisfied.

THE OUTLET: Any negative mood or disposition can trigger the need for sexual release because PMO is like a sedative for emotional pain. This drug of choice numbs, buries and eases the pain – for a while. It becomes an easy ESCAPE from life, soul pain, life's circumstances, my failures, relational rejections and on and on.

THE EASE OF SEX: Porn creates an expectation with it always works and relatively easy to achieve. It knows little about sharing, waiting, patience or withholding. Porn makes you a lousy, selfish lover.

THE EXTENT: The average man will have engaged in the PMO cycle – 3000-10,000 times by the time they have come to my office. During these times, they will have viewed 3 to 5 times as many actual sexual scenes, acts or images.

AS REAL: To your brain, it says been there – done that because to your brain, video depictions of sexual acts is as real to the brain as “Being There”

ROBBED: You can't get your innocence or your creativity back. When you have seen it all and then some with increasing variety and exposure – there is nothing new under the sun. Your chance to be creative together with your spouse is GONE! You have seen things that you shouldn't have seen – harsh and degrading. That VIOLATES you and steals your innocence.

COMPARISON: Most of the time, because of the twisted measuring stick of what becomes sexually appealing, our spouse falls short of the images that we have seen. Porn robs uniqueness.

LOYALTY LOST: Porn is the epitome of unfaithfulness. God calls to be faithful to ONE PERSON. PORN has you engaging with a host of sexual partners.

Intimacy Deficiency Disorder (I.D.D.)

Intimacy is not the same as sex. These words are not interchangeable. Sex is only a part of true intimacy. Intimacy is the comprehensive connection of two lives as designed by GOD. He wants you to be Doing Family Right – which is HIS way.

True Intimacy does include sexual connection but so much more – it is also relational, emotional, spiritual, even financial and familial. You become “ONE” – connected in every way.

Relational – is the fun and the companionship that grows out of dating and being focused on one.

Emotional – is the trust and truth of honesty/authenticity that creates a safe and caring friendship.

Spiritual – is the closeness coming from shared morals, faith & praying growing with God together.

Financial – is commitment and trust working with common goals, shared values and transparency.

Familial – is the joy/priority of raising a family together with deep unity of the parenting process.

Sexual – is joy of ‘Oneness’ – a sexual connection that draws you to one person exclusively.

Tragically, the addict has gotten fixated on the sexual aspect almost exclusively. They are operating on information that is incomplete, inaccurate and immature regarding true and complete intimacy as God intended. Sadly, many of them don't even know it.

SIGNS & SYMPTOMS of I.D.D.

1. Inability to be **Close Emotionally**.
2. Makes little effort to **build a relationship**.
3. Just have sex – not **Make Love**.
4. **Pleasure Target** is on sexual arousal and release not closeness and connection.
5. Sexual intimacy is **not relational sex but object sex**.
6. Sex is **not MUTUAL** – enjoyed equally by both partners.
7. **Sexuality is self-centered – about me and not about ‘you’ or US**.
8. Sex is **on demand** vs in agreement.
9. Barely **No relationship** exists outside the bedroom.
10. Have or developing the symptoms of **Intimacy Anorexia**.